



April 6, 2017
Behavioral Health Advisory Board
Meeting Minutes

P.O. BOX 85524
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MEMBERS PRESENT

Joel San Juan – District 1
Jenifer Mendel, Member-at-Large (ADS) – District 2
Helen Rees – District 2
Deanne George – District 3
Colin MacKinnon – District 3
Jerry Hall – District 4
Tom Behr – District 4
Judith Yates, Member-at-Large (MH) – District 4
Phil Deming, Chair – District 5

MEMBERS NOT PRESENT

Eyra Leeper – District 1
Carmelita Trujillo – District 1
Rebecca Hernandez, 2nd Vice Chair – District 2
Michael Matthews – District 2
Ed Weiner – District 3
John Sturm, 1st Vice Chair – District 4
Dana Hamilton – District 5
Richard McGaffigan – District 5
K.C. Strang – District 5

STAFF TO THE BEHAVIORAL HEALTH ADVISORY BOARD

Alfredo Aguirre, Director, County Behavioral Health Services (BHS)
Traci Finch, Administrative Analyst III, County Behavioral Health Services
Philip Ainsworth, Administrative Analyst I, County Behavioral Health Services

I. CALL TO ORDER

The Behavioral Health Advisory Board (BHAB) meeting was called to order by Phil Deming, Chair, at 3:33 p.m. at the County Administration Center, 1600 Pacific Highway, San Diego, California 92101, Room 302/303.

II. INTRODUCTION OF BOARD MEMBERS

Members of the BHAB introduced themselves. Also in attendance was Christi Knight, Senior Policy Advisor to Supervisor Kristin Gaspar, District 3.

III. APPROVAL OF THE MINUTES – MARCH 2, 2017

Due to a lack of a quorum, approval of the March Minutes will be carried over to the May BHAB meeting.

IV. PUBLIC COMMENT

- Marie Sanabria, came before the BHAB as a concerned citizen to talk about the treatment of her daughter, who suffers from a critical co-occurring disorder. Ms. Sanabria likened her family's experience to "home-grown terrorism" at the hands of behavioral health providers, law enforcement and the judicial system. She was dismayed that input from immediate family members is not factored into patient care before a mental health diagnosis is made and medications are prescribed or when presenting before a competency hearing judge who doesn't have a clear picture of the patient's psychiatric history. She also expressed concern that 5150 holds are being overused and clients are not able to secure adequate behavioral health treatment resources upon release.
 - Alfredo Aguirre suggested Ms. Sanabria consult with Dr. Piedad Garcia with BHS Adult System of Care, and BHS's Patient Advocates, Mike Phillips with Jewish Family Service and Greg Knoll with Legal Aid Society at the conclusion of today's meeting.

- Colin MacKinnon came before the BHAB as both a BHAB member and a parent of a son with a co-occurring disorder to share an incident that happened a few weeks ago with his son that involved some of the North County behavioral health agencies he formerly had no direct experience with (law enforcement, Psychiatric Emergency Response Teams (PERT), Exodus Walk-in Clinic, and IHOT). Mr. MacKinnon offered his praise to the overall behavioral health system on the way the incident was handled and the patient and humane way his son was treated by all involved. All of their options were clearly explained, and they were able to follow up on appropriate treatment for his son.

V. PATIENT ADVOCATE UPDATES – Phil Deming

Phil Deming, BHAB Chair, introduced the County's Patient Advocates for outpatient treatment and inpatient care.

- Greg Knoll, Executive Director/Chief Counsel, Legal Aid Society of San Diego (LASSD)/Consumer Center for Health Education and Advocacy (CCHEA)
 - CCHEA is the Patient Advocacy Program for outpatient treatment under Title IX.
 - Mr. Knoll gave some general statistics on the work the consumer center does on behalf of behavioral health clients:
 - For the year 2016, LASSD/CCHEA closed 2,745 cases;
 - 692 (1 in 4) of those cases were for persons with a psychiatric disorder, and 83 (12%) of those were Title IX complaint grievances and appeals;
 - For the year 2016, LASSD/CCHEA had over 320 awarded SSI cases; 82% of those were for individuals with a mental health disability.
 - The last few years have seen a sharp increase in mental health clients and homeless clients.
 - By housing CCHEA at the Legal Aid Society, offering other assistance for their mental health clients (housing, medical, SSI needs, etc.) is seamless.
 - This past July, a new project (SSI for Kids) was started. Since then over 111 children and families have become clients. To date, 29 children have been awarded benefits.
 - Through another grant with the County of San Diego, LASSD was able to hire peer case managers to work with both their Housing and SSI teams. Mr. Knoll gave a few examples of the successful pairing of peer case managers with their attorneys.
- Mike Phillips Director of Patient Advocacy Program, Jewish Family Service
 - Jewish Family Service Patient Advocacy Program (JFS PAP) is responsible for the inpatient psychiatric facilities and works closely with LASSD and CCHEA.
 - JFS patient rights advocates:
 - Represent patients in inpatient psychiatric hospitals who are placed on an involuntary 14-day hold at their certification review hearing to determine if the hold meets the standard of probable cause or if the patient should be released from the hold.
 - Respond to inpatient psychiatric grievances and complaints from patients, family, friends, or staff.
 - Provide residential advocacy (Board and Care Facilities, Skilled Nursing Facilities (SNFs), Alpine Special Treatment Center, Crestwood San Diego and Chula Vista, and the Crisis Houses in San Diego County).
 - Respond to inmate mental health concerns by 1) providing support and a voice for male and female inmates receiving behavioral health services in the County jail system and by 2) providing representation at certification review hearings and investigating complaints.
 - Advocate for minors' rights by investigating complaints and monitoring facilities (including group homes) providing services to minors.
 - Provides trainings and in-services on patient/residential rights to patients and inpatient psychiatric units; residents in Board and Care facilities, SNFs, Alpine and Crestwood San Diego and Chula Vista providers; Psychiatric Emergency Response Teams (PERT), and the behavioral health community.

- Mr. Phillips described the general process once JFS is contacted by an individual but stressed that each contact is case-specific.
- Mr. Phillips talked about some of the patient rights issues his office helps with (involuntary medication, denial of access to their doctor, etc.).
- JFS PAP is currently pursuing videoconferencing as a safe option for patient consultation and representation at hearings.
- Ride-alongs with PERT, trained officers and deputies who are paired with licensed mental health professionals. Together, they respond on-scene to situations involving people who are experiencing a mental health related crisis and have come to the attention of law enforcement. The goal is to provide the most appropriate resolution to the crisis by linking people to the least restrictive level of care and to help prevent the unnecessary incarceration or hospitalization of those seen.
- There is ongoing collaboration with the Board and Cares with focus on adult residential facilities. However, there is deep concern about the number of Board and Cares that are closing for a variety of reasons. Since 2011, San Diego County has lost about 25 such step-down facilities, and there are now only 71 left (1,001 beds). There is currently 40-50 individuals in the long-term care who are on the waiting list for a step-down facility.

VI. PRESENTATION – Substance Use Disorder (SUD) Continuum of Care

Phil Deming introduced Yael Koenig, BHS Deputy Director, Children Youth and Families System of Care, who presented a PowerPoint entitled “Substance Use Disorder (SUD) Treatment – Continuum of Care Overview.” The presentation covered the following areas:

- Continuum of Care
- Target Population
- Change Agents Developing Recovery Excellence (CADRE)
 - Website: www.cadresandiego.org
- SUD Ancillary Supports
- SUD Entry Priority
- Treatment Goals
- Key Partners
- Data
- Drug Medi-Cal Waiver
- Resources
 - Available on the Technical Resource Library
- Services through Systems of Care:
 - Children, Youth & Families (CYF): McAlister Institute
 - Adults & Older Adults (AOA): Family Health Centers

Next Marisa Varond, Associate Executive Director, McAlister Institute, presented a PowerPoint on children’s services entitled “McAlister Institute – Substance Use Disorder Services for Children, Youth & Families” and which addressed the following areas:

- Mission
- Overview
- Agency-wide Admissions Fiscal Year (FY) 2016-17
- CYF Continuum of Care
- FY 2016-17 CYF Program Admissions
- Menu of Services
 - Screening and Assessment
 - Process Groups
 - Co-Occurring Mental Health Services
 - Case Management

- Gender- and Age-Appropriate Services
- Changing Landscape
 - Mental Health Services Act (MHSA)
 - Where We Do Treatment
 - Criminal Justice Reform (Prop 47, AB 109, Prop 64)
 - Medi-Cal Expansion

Larry McGill, Program Manager, Alcohol and Drug Services, Family Health Centers, gave the third PowerPoint presentation in this series entitled “Family Health Centers of San Diego – Alcohol and Other Drug Services.” His presentation covered the following areas:

- What is Substance Use Disorder?
- What is Harm Reduction?
- Adult Treatment Options
 - Detoxification
 - Residential Treatment
 - Outpatient Treatment
 - Medication Assisted Treatment (MAT)
- Family Health Centers of San Diego Outpatient Treatment Services
 - Behavioral Health Integrated Care
 - LGBT Regional Recovery Center
 - Ryan White Outpatient Treatment (Support groups for HIV+ individuals)
 - Medication Assisted Treatment (MAT)
 - San Diego Misdemeanants At-Risk Track (SMART) Program

VII. PRESENTATION – Urban Beats Program

Phil Deming introduced Alexander Heyer, Program Coordinator, Urban Beats/Noble Works.

Urban Beats, in partnership with Pathways and San Diego Youth Services, is an innovative artistic expression program for Transition Age Youth (TAY) who are between the ages of 16 and 25 and are receiving behavioral health services or are at risk of experiencing mental health challenges. The Urban Beats program utilizes the arts and social media as a platform for TAY to express themselves without judgment, improve wellness and enhance self-sufficiency. The program creates a space for TAY to de-stigmatize mental illness and explore the creative arts and job opportunities within the community based on the personal strengths and interests of the participating TAY. Their PowerPoint presentation covered the following areas:

- Participant Demographics
 - Age
 - Race
 - Sexual Orientation
 - Gender Identity
- Participants: A Starting Place
 - Desire to Reduce Isolation and Increase Well-Being
- Participant Outcomes
 - Reduces Stress
 - Reduced Stigma
 - Behavioral Improvements
- Outreach and Social Media
 - Survey Results
 - Social Media

Autumn Mercy, Urban Beats Apprentice, gave a very moving poetic, expressive performance about her life and recovery journey, which culminated in a standing ovation from BHAB members and audience.

VIII. DIRECTOR'S REPORT – Alfredo Aguirre, Director, Behavioral Health Services

- MHSB Board Letter Update
 - The MHSB Cycle Three and Four Innovation Plan Board Letter was presented at the March meeting and BHAB voted to support the recommendations. Since then, there were subsequent changes to the Board Letter including:
 1. Adjustment of contract start and end dates, and their duration:
 - a. The Peer Assisted Therapy and Crest Mobile Hoarding projects end dates changed from December 31, 2019 to June 30, 2020 to reflect projects' later start dates.
 2. Reworking of the fiscal impact on upcoming (2017-18) and subsequent (2018-19) fiscal years due in part to start date changes. In March, the MHSOAC delayed approval of BHS Innovation programs which pushed start dates beyond the first quarter of fiscal year 2017-18.
 3. The overall dollar amounts are the same, but the 5% set aside for evaluation is no longer included in program cost calculations in the board letter, as this is a standard percentage set aside for evaluation of any MHSB program and thus is not considered as a component in calculating program costs.
 4. Because of these revisions, BHS has shifted presenting this board letter to the Board of Supervisors to April 25 (original date was March 21).
 5. Start dates may still change for Cycle Three because of rescheduling of MHSOAC presentations (10 programs being spread out over several meetings). Presentations will be given in May, July, August and September, and programs will not begin earlier than the second quarter of fiscal year 2017-18.

This update reflects the status of the Board Letter as of April 3. The revision process is ongoing but no other substantive changes are expected (dollar amounts and programs are set; just the dates may change).

- Drug Medi-Cal Update
 - The County is moving closer to submitting its Implementation Plan in May and will present to the BHAB at the May meeting for support. Although submission of the Implementation Plan and rates does not require a Board Letter, Alfredo Aguirre and Nick Macchione will be consulting with all five Board of Supervisor offices in the coming weeks with the goal of obtaining support to move forward.
 - Execution of the Implementation Plan does not take place until a contract is instituted with the State.
 - If everything continues to move forward, BHS will come back before BHAB toward the end of the calendar year and to the Board of Supervisors for their authority to execute a contract with the Department of Health Care Services.
 - A more detailed update will be given to the BHAB Drug Medi-Cal Workgroup members on April 18.
- BHAB members praised the new affordable and supportive housing development opening in downtown San Diego, yet lamented the dearth of parking coupled with the fact that the poorer population who once lived in the area are forced to move away from local services due to rising rent costs now out of their reach. They urged more of this type of housing to be built in the lower income communities.
- Alfredo Aguirre introduced Annette Burstein, BHS's newest Administrative Analyst III working with Dr. Piedad Garcia's team in the Adult/Older Adult System of Care.
- Alfredo reminded BHAB that May is Mental Health Month events will be starting up with the NAMI Walk Kick-off on April 29 at Liberty Station. An informational flier was left on the table.
- Prescription Drug Take Back Day will take place on Saturday, April 29. An informational flier with drop-off locations was left on the table.

IX. CHAIRPERSON'S REPORT – Phil Deming, Behavioral Health Advisory Board Chair

- **Action Item:** Adjustment of BHAB Meeting Times

Behavioral Health Advisory Board (BHAB) meetings are currently held at the County Administration Center (CAC) on the first Thursday of each month from 3:30-6:00 p.m. Recently, County staff have been made aware that CAC security staff (provided by the San Diego County Sheriff's Department) is only onsite until 5:30 p.m. and we are being asked to end our meetings by 5:00 p.m. to be in compliance with the CAC rules of safety and security.

The two proposed options (below) were discussed:

OPTION 1

Begin Earlier and Shorten the Regular Meeting by 30 minutes

	Current Meeting Time	Proposed Meeting Time
BHAB Executive Meeting	2:30p-3:15p (45 minutes)	2:00p-2:45p (45 minutes)
BHAB Regular Meeting	3:30p-6:00p (2½ hours)	3:00p-5:00p (2 hours)

OPTION 2

Begin Earlier and Maintain the Meeting Length

	Current Meeting Time	Proposed Meeting Time
BHAB Executive Meeting	2:30p-3:15p (45 minutes)	1:30p-2:15p (45 minutes)
BHAB Regular Meeting	3:30p-6:00p (2½ hours)	2:30p-5:00p (2½ hours)

ACTION: Vote to establish a new meeting time.

Discussion:

Due to a lack of a quorum, voting on this item will be carried over to the May meeting. Thus, the Action Item became an Informational Item for BHAB members to review and take into consideration.

Nevertheless, BHAB members in attendance felt the need to come to a consensus. After an informal poll of BHAB members, Option 2 was the preferred choice due to the fact that a 2.5 hour meeting would allow sufficient time for presentations and follow up questions.

A formal vote will be made in May with implementation in June. In the meantime Behavioral Health Services will pay overtime for Sheriff staff to stay in the building until the BHAB meeting is over.

- BHAB retreat date – Saturday, October 21, 2017
 - Start time is 9:00 am.
- BHAB representative to BHS Adult Council is needed
 - Meetings are held the second Monday of the month at the Scottish Rite Center from 11:00 am-12:30 pm.
 - Anyone with an interest to let Traci Finch know.
- BHAB dark in July instead of August
 - Due to unforeseen shifts in the timing of major BHS items, the BHAB will go dark in July instead of August.
- Data Notebook Workgroup Update (Jenifer Mendel)
 - Completed and submitted on time.
 - The full document went out by email to all BHAB members.

- HHS Advisory Board Chairperson's Meeting (John Sturm/Judith Yates)
 - Judith Yates attended and thanked staff for obtaining and emailing the budget presentation made by Andy Pease at that meeting.
- Annual Report
 - Will be coming out next week.
 - Informational copies will be emailed to BHAB members.
- Required Bylaws Amendment
 - Workgroup needed to review current language, take a look at required change as well as potential additional changes.
 - Interested BHAB members to contact Traci Finch.
 - Final version of amended bylaws needed by July or August to present to the Board of Supervisors in September.
 - An interest document will be compiled with notes from the discussion that took place at the BHAB Retreat.

X. ADVOCATE REPORTING

None

XI. BOARD MEMBER ANNOUNCEMENTS

None

XII. MEETING ADJOURNMENT

ON MOTION of Tom Behr, seconded by Colin McKinnon, the meeting adjourned at 5:55 p.m.

AYES: All

Brown Act Procedure: *As required by California Government Code 54950 et seq. (Ralph M. Brown Act), a copy of the packet of information that was mailed to Behavioral Health Advisory Board members at the point of posting of this agenda has been placed at the reception desk at 3255 Camino Del Rio South, San Diego, CA 92108, for public inspection, and is available at the site of the meeting for public inspection. Members of the public wanting their own copy of the advance materials may request them under Government Code 6250 et seq. (Public Records Act) and receive them on payment of copying charges of \$0.20/page, and actual mailing charges, if mailing of the material is requested. If you are planning to attend and need special accommodations, you must call Jackson Alexander at (858) 505-6521, at least three days in advance of the meeting.*

[Signatures to be inserted here]